

Never miss an opportunity to put a smile on someone's face.
It may be the only one they get today.
Susan Gale

Covid-19 is the News in Wisconsin

Check the Dodge County Public Health Website or call 920-386-4304 for the latest information

Help for Caregivers is Available in Many Different Ways:

Just need to talk: Call Institute on Aging Friendship Line: 1-800-971-0016
AARP Friendly Voices Line: 1-888-281-0145

For all caregivers:

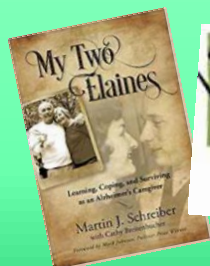
- * Phone in Caregiver Support Group: last Tuesday of every month - register by calling 715-861-6174
- * Caregiver Help Desk (7am-6pm CT): call 855-227-3640 to talk to a caregiving specialist
- * **Free telephone learning sessions:** (register ahead by calling 866-390-6491) different subjects each time. <http://caregiverteleconnection.org>
- * Visit **Caregiver Connection** on Facebook
- * Online help from **AARP**: <http://www.aarp.org/home-family/caregiving/>
- * Online videos from **Home Alone Alliance**: <https://www.aarp.org/ppi/initiatives/home-alone-alliance.html>
- * Online videos from Caregiver Action Network: <https://www.caregiveraction.org/resources/videos>

For those caring for someone with dementia:

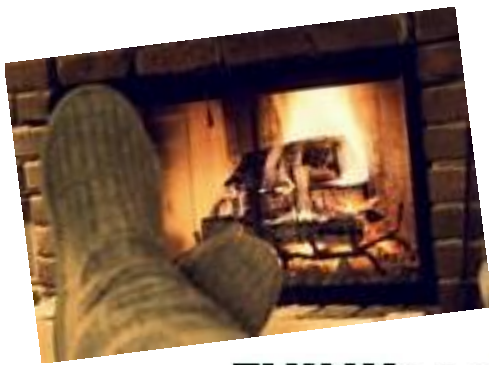
- * 24 hour call in line - **Alzheimer's Association** (always answered by a person) 800-272-3900
- * Dodge County Dementia Care Specialist: 920-386-4308

For those caring for a veteran or veteran's spouse:

- * **Veterans Caregiver Support Line:** 855-260-3274



We have books, games, and other items to assist you to pass the time in a safe, happy way. Our Dementia Care Specialist and Caregiver Program Coordinator have ideas that can help.
Call the ADRC 920-386-3580



THINK POSITIVELY
and
EXERCISE DAILY
EAT HEALTHY
WORK HARD
STAY STRONG
BUILD FAITH
WORRY LESS
READ MORE
BE HAPPY

Dodge County is Safer at Home



People across our state are still out and about unnecessarily that are putting our friends, our neighbors and our communities at risk. **Please Stay Home** and help us save lives:

- Limit non-essential trips.
- Designate ONE household member to go to the store at a time- don't bring the whole family.
- Limit grocery trips to once a week or longer spacing if able.
- Stay at least 6 ft (radius) away from others.
- Use card vs cash to limit hand-off contact.
- Bring a rubber tipped pen for touchscreens.
- Wash hands or use alcohol-based sanitizer after touching surfaces (door handles, carts, baskets, card readers).
- Wear a cloth face covering to cover your nose and mouth in the community setting



Each and every one of us has to do our part to help slow the spread of COVID-19.



Dodge County Public Health Unit; Revised- April 6, 2020
In accordance with Emergency Order #12 Safer At Home Wisconsin State Statute 252.25

Pandemic Grocery Supports

Beaver Dam			
Recheck's	http://rechecksfoodpride.com/	920-887-7675	7-9am - shopping for seniors and immune compromised
Walmart	https://grocery.walmart.com/	920-261-7270	grocery pickup
Piggly Wiggly	https://www.shopthepig.com/	920-887-8900	7-8am - shopping for seniors and immune compromised
instacart	https://www.instacart.com/		will shop and deliver groceries from Aldi or Piggly Wiggly
Family Dollar	https://www.familydollar.com	920-356-0874	8-9am shopping for seniors and immune compromised
St. Vincent de Paul Community Action Coalition		920-885-3392 920-885-9559	Food pantry box delivery available. Call the food pantry to make arrangements with the pantry and then contact the Beaver Dam Taxi to pick up and drop off the box of food.
Beaver Dam Taxi		920-885-4800	
Horicon			
Dollar General		920-485-1940	1st hour for seniors and immune compromised
instacart	https://www.instacart.com/		will shop and deliver groceries from Piggly Wiggly
Juneau			
Piggly Wiggly	https://www.shopthepig.com/	920-386-2972	7-8am - shopping for seniors and immune compromised
Dollar General		920-306-2497	1st hour for seniors and immune compromised
instacart	https://www.instacart.com/		will shop and deliver groceries from Piggly Wiggly
Lomira			
Piggly Wiggly	https://www.shopthepig.com/	920-269-4015	7-8am - shopping for seniors and immune compromised curbside pickup - can order online
Mayville			
Mayville EMS		920-904-1997 or 920-219-0224	will be shopping and delivering food for those who cannot leave home. Shopping will take place between 10am - 12pm and 6pm - 7pm
Piggly Wiggly	https://www.shopthepig.com/	920-387-3220	7-8am - shopping for seniors and immune compromised
Randolph			
Piggly Wiggly	https://www.shopthepig.com/	920-326-5800	7-8am - shopping for seniors and immune compromised
Dollar General		920-463-3027	1st hour for seniors and immune compromised
Reeseville			
instacart	https://www.instacart.com/		will shop and deliver groceries from Piggly Wiggly
Watertown			
Breslows Family Market		920-261-8306	curbside pickup and home delivery
Glenns Market	https://www.glennsmarket.com/	920-261-2226	delivery and carryout
Walmart	https://grocery.walmart.com/	920-261-7270	grocery pickup
Piggly Wiggly	https://www.shopthepig.com/	920-262-7449	7-8am - shopping for seniors and immune compromised
Watertown Transit		920-261-7433	will pick up paid for grocery orders and deliver
instacart	https://www.instacart.com/		will shop and deliver groceries from Piggly Wiggly, Aldi or Pick N Save
Waupun			
Piggly Wiggly	https://www.shopthepig.com/	920-324-5526	7-8am - shopping for seniors and immune compromised
instacart	https://www.instacart.com/		will shop and deliver groceries from Piggly Wiggly

Fun Things To Try During A Quarantine!

- Indoor Exercise – walk, jog in place, DANCE, yoga or tai chi (available on dvd's, facebook, internet)
- Games or puzzles you haven't tried in awhile – Yahtzee, hot potato, bean bag toss
- Explore the world by computer or TV- videos of museums, zoos, concerts all available now
- Try something you've been meaning to try – knitting, playing piano, a new recipe, writing your memoirs
- Don't forget to keep in touch with family and friends by phone – or try Zoom or Skype!

😊 When I smile
I feel good. 😊
WHEN YOU SMILE,
i feel much better.

crackyouwhip.com

Offices are not open for visiting at this time but we are still available by phone at 920-386-3580